

INSIDE Facebook Town hall

Post questions for the Nov. 30 virtual Facebook town hall at www.facebook.com/usaghawaii, under the "Events" tab.

Child supervision

Guidance for minor children is outlined in USAG-HI Policy #34.

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Thanksgiving

TAMC and dining facilities on post are putting out a spread to be thankful for.

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Motorcycle safety

Revisions to AR 385-10 bring changes to rider personal protective equipment and to civilian rider training.

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School partnership

599th Trans. Bde. and 25th CAB team up to host second-graders.

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First lady Michelle Obama arrived at Joint Base Pearl Harbor-Hickam, Monday, for her "Hiring our Heroes" speaking engagement, bearing a smile and waving to the cheering crowd of service members from all branches, veterans and military families. Escorting her was Capt. Jeffrey James (at podium), commander, JBPHH; and Kevin Schmiegel, vice president, Veterans Employment Program, U.S. Chamber of Commerce.

First lady helps lead charge to hire veterans

Job fair connects local spouses, veterans with area employers

Story and Photos by
VANESSA LYNCH
News Editor

JOINT BASE PEARL HARBOR-HICKAM — The national unemployment rate is currently hovering at around 9 percent, but veterans who have served since 9/11 have a higher unemployment rate than the rest of the country at 12 percent.

Putting veterans back to work inspired a yearlong, nationwide effort to help veterans and their spouses find meaningful employment.

More than 500 spouses and veterans got the opportunity to meet face-to-face with 50 of America's biggest companies at a "Hiring our Heroes" job fair, here, Monday.

Since the program launched in March 2011, the U.S. Chamber of Commerce has hosted 68 hiring fairs in 38 states, connecting more than 55,000 veterans and military spouses, giving them the opportunity to meet with more than 2,500 different employers. As a result, more than 3,600 veterans and military spouses have found employment.

During her three-day visit to Hawaii for the 2011 Asia-Pacific Economic Cooperation forum, first lady Michelle Obama spoke at the hiring fair and offered words of encouragement and praise to those in attendance.

"Each time I speak with a veteran or military spouse, I am awed by their strength and resilience, and I am struck by just how much they're contributing to our communities every single day," she said to the crowd of 250 gathered in front of her.

"They're leading the Scout troop, taking night classes, running the carpool and sending off care packages

to deployed units overseas — all while shouldering the emotional costs of an empty seat at the dinner table for months at a time.

"They have packed up their families and moved to another part of the country — or the world — again and again, so they know how to quickly adapt to new environments and people. And these experiences — the ones they deal with every day — give them the perfect background to manage large-scale projects, find creative solutions to problems, and fight through anything that comes their way.

"Yet, even with all of these skills and experiences, veterans and military spouses aren't always at the top of the list for employers when it comes time to fill an open position. ... And too often, a military spouse's resume — checkered with different residences and job experiences — is seen as a red flag, rather than a reflection of the variety of skills and experiences that military spouses have to offer," she continued.

Hoping to change that, she and Dr. Jill Biden started an initiative called "Joining Forces" to recognize, honor and support veterans and military families. They are joining forces with businesses, nonprofit organizations, government, communities and individuals, and they are focusing on areas like education and wellness to help troops and their spouses find and keep good jobs.

"You may not wear a uniform, but when your loved one is called to service, you are serving right beside them," she said to family members during her speech. "As my husband said, no one who has fought for our country abroad should have to fight for a job when they return home."

Acknowledging the fact that transitioning from a war zone to the civilian workplace isn't easy, she said that

SEE OBAMA, A-6

Hawaii schools get National Math and Science Initiative

SGT. 1ST CLASS JOE M. BATTLE
25th Infantry Division Public Affairs

WAHIAWA — Between multiple moves, changing schools and differing levels of education, some military children may believe they don't quite measure up to their peers when it comes to college prep.

However, for families of the 25th Infantry Division and other Oahu-North

and-South units and communities, the educational playing field just became more level.

In a ceremony at Leilehua High School, here, the National Math and Science Initiative announced a major expansion in Hawaii by kicking off the Initiative for Military Families, or IMF, program, Nov. 10.

IMF will bring advanced placement, or AP, courses in math, science and English in schools serving a high concentration of students from military families. Courses are designed to increase students' potential for success in college. Schools will also profit from training for their AP teachers and assistance with building their AP programs.

Students will have access to rigorous college-level courses, and AP classrooms will receive computers, science equipment and other materials needed, said Gregg Fleisher, national director, Advanced Placement Training and Incentive Program, NMSI.

SEE NMSI, A-4

Combatives course instills confidence in Soldiers' ground-fighting skills

Story and Photo by
SGT. ROBERT M. ENGLAND
2nd Brigade Combat Team Public Affairs, 25th Infantry Division

SCHOFIELD BARRACKS — Two Soldiers stood opposite of each other on a gym mat: one Soldier armed with boxing gloves, the other, bare-fisted.

As the unarmed Soldier barreled forward, the boxing gloves repeatedly connected with his face and head; yet, he pushed onward, eventually locking the puncher's arms, so he could no longer swing them.

Seventeen Soldiers from the 1st Battalion, 27th Infantry Regiment, "Wolfhounds," 2nd Brigade Combat Team, 25th Infantry Division, participated in the Modern Army Combatives Program, or MACP, level one certification course, here, Oct. 31-Nov. 4.

Sgt. Raul Doss, mortarman, Headquarters and Headquarters Company, 1st Bn., 27th Inf. Regt., said the course teaches Soldiers how to establish dominance in ground combat through a variety of grappling techniques.

"It teaches the basics of ground fighting and grappling," Doss said. "Once the fight goes to the ground, it's important to gain control of your opponent, gain dominant body positions and finish the fight."

Doss, a level four-certified MACP instructor, said the skills taught in the level one combatives courses teach Soldiers a certain escalation of force. To immobilize an enemy without the use of lethal force can be beneficial, he added.

SEE 2nd BCT, A-4



Sgt. Raul Doss (standing), battalion combatives instructor, 1st Bn., 27th Inf. Regt., 2nd BCT, 25th ID, watches as two Soldiers apply their combatives skills during the MACP level one certification course, Nov. 2.

We want to hear from you...

The Hawaii Army Weekly welcomes articles from Army organizations, announcements from the general public about community events of interest to the military community, and letters and commentaries.

If you have newsworthy ideas or stories you'd like to write, coordinate with the managing editor at 656-3488, or email editor@hawaiiarmyweekly.com.

The editorial deadline for articles and announcements is the Friday prior to Friday publications. Prior coordination is mandatory.

Articles must be text or Word files with complete information, no abbreviations; accompanying photographs must be digital, high resolution, jpeg files with full captions and bylines.

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Number represents fatal accidents as defined by Army Regulation 385-10, which is inclusive of all active component U.S. Army units and personnel. Current as of 11/17/11.

76 days since last fatal accident

76 days since last fatal accident

76 days since last fatal accident

Top Cop

Crime trends determine patrol distribution on post

COL. LA'TONYA D. LYNN

Commander, 8th Military Police Brigade, 8th Theater Sustainment Command, and Director, Directorate of Emergency Services, U.S. Army Garrison-Hawaii



Lynn

Welcome to Top Cop.

The goal of this monthly column is to provide crime data to our military communities throughout U.S. Army Garrison-Hawaii and to increase awareness of crime prevention.

The Directorate of Emergency Services, USAG-HI, uses crime statistics to determine patrol distribution and to maintain safety and security within our communities

From Oct. 15-Nov. 7, DES reported a total of 112 cases.

Assaults

Those involving alcohol: 4
Service members apprehended: 11
Family members apprehended: 6

Larcenies

Unsecured/unattended: 19
In housing areas: 21
In public areas: 3
Traffic accidents: 6
Involving injuries: 1
Damage to property: 4

Driving under the influence

Service members apprehended: 8

Traffic citations

Outlined below is a listing of

traffic citations that were issued from Oct. 15-Nov. 7.

Cell phone violations: 5
Speeding violations: 44
Failure to stop as posted: 13
No insurance: 14
Expired safety inspection: 23
Parking violations: 29
Improper turns: 1
No vehicle registration: 2
Failure to provide proof of Motorcycle Safety Course: 1
Failure to register: 2
Following too closely: 1
Driving without a valid motorcycle license: 1
Driving without a license: 6
Failure to produce driver's license: 3

Expired registration: 5
Unattended child: 1
Defective equipment: 7
Failure to wear protective equipment: 4
Failure to display safety sticker: 1
Driving wrong way on one way: 1
No seat belt: 2
Attempt to enter a military installation with false ID: 1
Fraudulent use of license plate: 1
No construction permit: 1

Remember, always report any suspicious behavior or witnessed criminal acts to law enforcement personnel at Schofield Barracks at 655-7114 or at Fort Shafter at 438-7114.

Supervision policy in place to protect children on post, keep them safe

U.S. ARMY GARRISON-HAWAII
Public Affairs

Minor children cannot be left alone and unsupervised on post.

This guidance, among other standards, is outlined in U.S. Army Garrison-Hawaii Policy #34, which states that children under 10 must be supervised within family housing areas of Island Palm Communities, at playgrounds, at bus stops and in any other places outside military family housing.

For example, if a child walks to school and he or she is less than 10 years old, a parent or an appropriate caregiver must accompany the child. The caregiver could be an older sibling, another adult or the parent.

Similarly, if a child under 10 lives off post and walks on post for school, the child must be escorted

when he or she enters the Army installation.

"These policies are established for the safety of our children and our community," said Lt. Col. Robert Arnold, executive officer, Directorate of Emergency Services, USAG-HI. "Though the policy states that 'parents are ultimately responsible for the welfare and actions of their children,' military police and Department of the Army civilian police are charged with maintaining safety and security throughout

USAG-HI installations.

"The safety and security of children is paramount," Arnold added. "When parents follow USAG-HI Policy #34, it helps us protect the children within our military communities."

Vast research has been conducted and studied to determine appropriate age ranges for child supervision, according to the Family Advocacy Program in USAG-HI's Directorate of Family and Morale, Welfare and Recreation.

The policy memorandum also specifies youth must complete a mandatory baby sitter course to baby-sit or supervise non-siblings.

Policy #34 provides guidance on several other topics. The policy states the number of hours when keiki or youth can be left alone, gives other providers of baby sitter certifications and sets curfew hours.

Child Supervision Policy

Review Child Supervision Policy #34 at www.garrison.hawaii.army.mil. Click on "Command," "Command Publications" and then "Policies."

USAG-HI Child Supervision Guidelines

	May be left alone at home	May be left alone overnight	May be left outside unattended (including playing)	May be left unattended in car	May baby-sit siblings	May baby-sit others (besides siblings)
Newborn to age 6	NO	NO	NO	NO	NO	NO
6-9 Years old	NO. Children less than 10 years old, will not be left unsupervised at bus stops, public facilities, residences, in vehicles or recreational areas and cannot walk to or from school unsupervised.	NO	YES, if in a playground or yard with immediate access (sight and hearing distance) to adult supervision. (Notes 1, 5)	NO	NO	NO
10-11 Years old	YES. Not more than 4 hours in a 24 hour period (not overnight) with ready access to adult supervision. (Notes 1, 2, 3, 5, 6)	NO	YES, if in a playground within 10 minutes walking distance from the residence. Parent must physically see child every hour.	YES, up to 30 minutes.	NO	NO
12-13 Years old	YES, for up to 6 hours in a 24 hour period (not overnight) with ready access to adult supervision. (Notes 1, 3, 5, 6)	NO	YES, for up to 6 hours with ready access to an adult. (Note 1)	YES	Yes, for up to 4 hours with ready access to an adult. Siblings must be more than 2 years old. (Notes 2, 3, 4, 5, 6)	NO
14-15 Years old	YES, for up to 8 hours in a 24 hour period (not overnight). (Note 6)	NO	YES	YES	YES, for up to 6 hours (not overnight) with ready access to an adult. (Notes 2, 3, 4, 5, 6)	YES, for up to 6 hours (not overnight) with ready access to an adult. (Notes 2, 3, 4, 5, 6)
16-18 Years old	YES	YES, for up to 48 hours. Minors will have telephone access to an adult.	YES	YES	YES (Note 4)	YES (Note 4)

Notes:

- Adult supervision is defined as "Someone who has or assumes responsibility for the child (for example, a parent, guardian, caregiver or friend.)"
- Home Alone training by Army Community Services, Child Youth & School Services or other source is required.
- Ready Access is defined as "At a minimum, telephone access and telephone number of each person designated as adult supervision." Must be readily available if needed to respond.
- Red Cross Babysitting Training is required to babysit. The SKIES Program has the class available for FREE.
- Parents are responsible for assessing the capabilities of their child. The ages apply to children without behavior or developmental issues. Special needs issues will move ages higher.
- Children less than 16 years old cannot provide care in an overnight situation. (0100-0500). An older child or adult must be in the home to provide care during these hours.

FOOTSTEPS in FAITH

Having faith in God is better than relying on Lady Luck to bring you joy

CHAPLAIN (MAJ.) KELLY PORTER
Family Life Chaplain, U.S. Army Garrison-Hawaii

Twenty-two years ago, my high school drama department performed the Broadway musical, "Guys and Dolls."

The story follows the travails of Nathan Detroit and his floating craps game in New York City.

Broke and desperate for cash to perpetuate the game, he makes a wager of sorts with high-rolling gambler Sky Masterson. If you've never seen the



Porter

Lady Luck, but there is room for doubt. At times, you have a very un-lady-like

production, I will let you discover for yourself how the plot unfolds.

I was not in the production, but I still remember the music and the lines from the gambler's lament: "They call you Lady Luck, but there is room for doubt. At times, you have a very un-lady-like

way of running out. You're on this date with me. The pickin's have been lush, and, yet, before the evening is over, you might give me the brush. You might forget your manners. You might refuse to stay, and so the best that I can do is pray. Luck be a lady tonight. Luck be a lady tonight."

Nathan Detroit lived his life by chance, literally. Luck dictated everything he did. As a result, he acted impulsively, unscheduled, without direction or purpose. He might as well been a leaf

blown here and there by the wind.

Have you had a Nathan Detroit kind of life? Have you relied on unknown, impersonal forces to make life decisions?

2 Corinthians 9:8 says, "God is able to make all grace abound to you so that in all things at all times, having all that you need, you will abound in every good work."

This year, don't leave your joy up to chance. Find joy in the amazing God who offers his grace.

Voices of Ohana



"Recycling creates renewable energy."

Sgt. John Bassett
HHC, 516th Sig. Bde., 311th Sig. Command



"To save the planet."

Staff Sgt. Peggy Henderson
HHC, 516th Sig. Bde., 311th Sig. Command



"Because we have to protect the environment."

Master Sgt. Tami Knight
HHC, 516th Sig. Bde., 311th Sig. Command



"(Recycling) is a motivational tool for my kids to learn important life lessons, and a way for them to earn money."

Lt. Col. Bruce Mumford
HHC, 516th Sig. Bde., 311th Sig. Command



"To preserve the environment. We need to stop destroying the ozone layer."

Sgt. 1st Class Clara Walters
HHC, 516th Sig. Bde., 311th Sig. Command

America Recycles Day is Nov. 19.

Why is it important to recycle?

Photos by 516th Signal Brigade Public Affairs, 311th Signal Command

DFACs open to patrons on Thanksgiving

VANESSA LYNCH
News Editor

SCHOFIELD BARRACKS – Three dining facilities, here, as well as the Tripler Army Medical Center, are welcoming service members, families, retirees and authorized guests to Thanksgiving feasts.

The meals include traditional holiday favorites, such as roasted turkey, glazed baked ham and creamy mashed potatoes, as well as all the usual trimmings like candied sweet potatoes, cornbread dressing and pumpkin pie.

The three DFACS that will be open for Thanksgiving all have similar menu items, except for the 2nd Brigade Combat Team, 25th Infantry Division, “Warrior Inn,” DFAC, and the 25th Combat Aviation Bde., 25th ID, “Wings of Lighting Inn” DFAC, which will be serving additional seafood items like lobster and crab legs.

Just prior to the meals, Col. Douglas Mulbury, commander, U.S. Army Garrison-Hawaii, and Command Sgt. Maj. Robert Williamson, senior enlisted leader, USAG-HI, will determine which DFAC wins the coveted “U.S. Army-Hawaii Best Decorated Dining Facility – Thanksgiving Day 2011.”

Scoring categories include facility theme, culinary arts display, use of decor packages, originality, degree of difficulty, command emphasis and overall appearance.

The annual competition is conducted to recognize the extraordinary efforts and culinary skills of all food service personnel who prepare and serve the Thanksgiving meal, according to Richard Francois, manager, Installation Food, Directorate of Logistics, USAG-HI.

The contest helps raise morale and promotes professionalism for all food service Soldiers, thus enhancing unit readiness and performance, he said.

A dress code applies for holiday meals at the DFAC. For civilians, dress is aloha crisp, which means a collared shirt. Open-toe shoes, shorts and T-shirts aren’t allowed. Military members can either dress aloha crisp or wear their Army service uniforms.

Although cooking up a Thanksgiving spread sends chills up the average cook’s spines every year, Sgt. 1st Class Floyd Dodwell, manager, 2nd BCT’s Warrior Inn DFAC, said he isn’t worried. Prep work for this quintessential American meal, he said, began in October.

“Thanksgiving is our most stressful time of the year, because living on an island, our patrons cannot just drive home to be with their families,” Dodwell said. “That is why we put forth our best effort to ensure we put out a meal as good as their mothers’ or grandmothers’ make.”

Meal information

For more information, call the Food Program Management Office, 655-8799/8797.

TAMC Thanksgiving meal

The Nutrition Care Division welcomes TAMC patrons to a Thanksgiving meal, 11 a.m.-1:30 p.m., Nov. 24. Cost is \$7 per person and \$5.95 for family members of specialist/corporal (E-4) and below. The “Grab ‘n Go” and short order line will be closed. Breakfast service stops at 8 a.m.

TAMC menu

- Shrimp cocktail
- Lobster bisque
- Roast turkey with giblet gravy
- Prime rib with au jus
- Garlic mashed potatoes
- Savory bread dressing
- Sweet potato casserole
- Steamed rice
- Assorted dinner rolls
- Green bean casserole
- Ginger glazed baby carrots
- Pumpkin, apple and pecan pies

DFAC meal hours

- 45th Sust. Bde., 8th TSC, DFAC
K Quad, Building 780, Schofield Barracks
Breakfast: 7-8 a.m.
Thanksgiving meal: 11 a.m.-2 p.m.
Dinner: 3:30-4:30 p.m.
- 2nd BCT, 25th ID, “Warrior Inn,” DFAC
Building 2085, Schofield Barracks
Breakfast: 7-8 a.m.
Thanksgiving meal: 11 a.m.-2 p.m.
Dinner: Closed
- 25th CAB, 25th ID, “Wings of Lighting Inn,” DFAC
Building 107, Wheeler Army Airfield
Breakfast: 7-8 a.m.
Thanksgiving meal: Noon-3 p.m.
Dinner: Closed

Thanksgiving menu

- Cranberry-apple juice
- Shrimp cocktail with seafood sauce
- Vegetable beef soup
- Savory croutons
- Roast turkey
- Glazed ham with pineapple and clove sauce
- Steamship round of beef
- Kalua pig
- Southern fried catfish
- Cornish game hens
- French fried shrimp
- Traditional mashed potatoes
- Baked macaroni and cheese
- Steamed white rice
- Savory bread dressing
- Cornbread dressing
- Glazed sweet potatoes
- Lyonnais green beans

- Honey roasted carrots
- Seasoned broccoli
- Collard greens
- Giblet, brown and au jus gravies
- Salad bar with assorted salad dressings
- Cranberry sauce
- Assorted seasonal fresh fruits
- Cornbread and butterflake rolls
- Assorted whole grain dark breads with butter pats
- Dessert bar with pumpkin, apple and sweet potato pies
- Holiday decorated cake



Meal costs

- Meal card holders: No charge
- Family members of specialist/corporal (E-4) and below: \$5.95
- Family members of sergeant (E-5) and above: \$7
- Officers and enlisted on basic allowance for subsistence: \$7
- Retirees and authorized civilians: \$7
- Guests of accompanied authorized diners: \$7

Free Thanksgiving shuttle bus

Active duty Soldiers and family members can ride a free shuttle bus, Nov. 24, from Building 525, Fort Shafter, to Schofield Barracks’ K Quad DFAC and back.

Youth under the age of 16 must be accompanied by an adult. A valid military ID card is required. Call 227-3146 or 656-4963 to reserve your seat.

Thanksgiving shuttle routes and schedules follow:

- Round trip 1:
10:30 a.m.: Pick up at Building 525, Fort Shafter.
11:15 a.m.: Arrive at K Quad DFAC, Schofield Barracks.
11:15 a.m.-12:45 p.m.: Dining period.
On or around 12:45 p.m.: Depart Schofield Barracks.
On or around 1:30 p.m.: Arrive Fort Shafter.
- Round trip 2
Noon: Pick up at Building 525, Fort Shafter.
12:45 p.m.: Arrive at K Quad DFAC, Schofield Barracks
12:45 p.m.-2:25 p.m.: Dining period.
On or around 2:15 pm.: Depart Schofield Barracks.
On or around 3 p.m.: Arrive Fort Shafter.

Percentage of Alcohol Related Traffic Fatalities in Hawaii



Source: US Dept. of Transportation, National Highway Traffic Safety Administration

Alcohol use should not put a damper on the holiday spirit

STAFF SGT. BRIAN LEE

829th Network Support Company, 9th Mission Support Command

HONOLULU – The holidays should be a time for family and friends to catch up with each other, share good times and create lasting memories.

Don't let alcohol become a negative factor in your festivities this year.

Be aware of the risks that come with consuming alcohol and educate your loved ones about them.

Alcohol-related issues increase in Hawaii during the holiday season.

"We see a lot of it, mostly during the coming holidays," said Joanne Shimasaki, alcohol and drug control officer, 9th Mission Support Com-

mand. "We see a lot more people driving under the influence and domestic violence issues."

According to the National Highway Traffic Safety Administration, Hawaii was ranked last, 51 out of 51, for 2009 in the percentage of total traffic fatalities that were alcohol related in the U.S. From 2007-2009, the percentage increased from 47 percent to 54 percent.

Simple things can be done to prevent alcohol-related accidents.

- Observe the 3D rule: Don't Drink and Drive.
- Observe the 0013 rule: 0 underage drinking; 0 DUIs; 1 drink per hour; and 3 drinks max.

It's also always okay to abstain from drinking alcohol, period.

If you or someone you know needs help with an alcohol problem, don't be afraid. Unit prevention leaders, your chain of command and substance abuse counselors are also available to help.

If you have experience with alcohol issues, please reach out to your friends, family and children. Educate them on the potential dangers, and be there for them if they ask for help.

"I think the big part of it is stepping out of your shoes and viewing it from their point of view, and really trying to see other points of views," said Staff Sgt. Rg Takahata, unit prevention leader, 1984th U.S. Army Hospital, 9th MSC.

Mothers Against Drunk Driving provides ser-

vices to help everyone affected by drunk driving, here, in our state. The organization offers many programs like "Tie One On for Safety," court monitoring, victim support and youth-to-college education on drunk driving.

"The red ribbon (a tie around your vehicle) is a symbol of your pledge to drive safe, sober and buckled up," said Jennifer Dotson, executive director, MADD-Hawaii, adding that from now until Thanksgiving, local radio stations will be on the look out for vehicles sporting red ribbons, calling out license plates and awarding prizes once a week.

Please do your part to prevent DUIs and alcohol-related incidents this holiday season.

2nd BCT: Unit fights to stay in shape

CONTINUED FROM A-1

"I think the benefits for Soldiers in this course are that they learn hand-to-hand combat," Doss explained. "If a Soldier can take down an enemy without using his weapon, it's better because the Soldier can actually detain him."

Pvt. Cory Magallanez, mortarman, HHC, 1st Bn., 27th Inf. Regt., and a trainee in the level one course, agreed with Doss on the benefits of the course, and added that his experience with the current training has already surpassed what he learned in basic combat training.

"It's a lot better than when I did it in basic training," Magallanez said. "It's more in-depth here. In basic, we did some sparring and a few drills, whereas here, the instruction is a lot more detailed."

Doss said the Armywide combatives program has been moving away from its mixed martial arts roots and has begun integrating more applicable principles. An example of this, Doss said, can be found in the recent addition of the full-gear training segment in which Soldiers practice level one techniques while wearing their body armor.

Spc. Anthony Esposito, mortarman, Co. C, 1st Bn., 27th Inf. Regt., and a course trainee, said this

addition to training, though much more difficult, should prove to be more beneficial for Soldiers in units preparing to deploy to combat. In a close-quarter combat situation, especially when a Soldier would not remove his body armor to engage an enemy, he said. As such, a Soldier should have experience with hand-to-hand combat while wearing his or her body armor.

"We're training with our body armor on, which helps for missions in Iraq and Afghanistan," Esposito said. "It's a lot harder, but it makes sense when you think about why we're doing it."

With the brigade in its post-deployment reset phase, Doss said this combatives course fits right in as it returns Soldiers to the initial stage of combatives training. The training helps to establish a solid foundation from which Soldiers can expand upon in future courses.

"It's getting the Soldiers started back at the basics," Doss said. "It strips the Soldiers down, builds them up and keeps them fit. I've even seen guys losing weight here already."

Whether the expressions painted across all 17 of the trainees' faces were those of joy or pain, they were all expressions displayed by eager, motivated Soldiers partaking in training that they may one day need in a combat situation.

NMSI: AP classes are key to success

CONTINUED FROM A-1

"Doing well in these AP classes means you will be three times more likely to graduate from college. That translates to better job opportunities," Fleisher said to students at the ceremony. "Also, your parents will be happy because college will be more affordable. If you earn qualifying scores on the AP exam, it could save you thousands on your college tuition."

For military personnel, education was one of the big quality of life issues expressed by Soldiers and families, said Col. Matthew Kelley, rear deputy commander, 25th ID.

"For years, negative perceptions about Hawaii public schools persisted throughout the Department of Defense, despite marked improvements and reforms in recent years," Kelley said. "Indeed, this perception led to a readiness issue in our division as some of the best qualified senior Army leaders turned down assignments to Hawaii due to these lingering perceptions."

Because of the success of the program in the mainland, military personnel, including Maj. Gen. Bernard Champoux, commander, 25th ID, and Pete Geren, former Secretary of the Army, approached Tom Luce, chairman, NMSI, and

said the military needed the program in schools that have many students from military families and that NMSI should consider Hawaii, according to Fleisher.

"Following the meetings, we approached Ron Nozoe, deputy superintendent, Hawaii State Department of Education and also Rep. Mark Takai, and they thought this program would be a great idea," Fleisher said.

Campbell, Leilehua, Mililani and Radford high schools are among the 32 public high schools in the nation that will begin the program at the start of the 2012 school year. According to a recent NMSI press release, about 25 percent of the students at Leilehua High School are from families stationed at Schofield Barracks, Wheeler Army Airfield and the Naval Communication Station in Whitmore.

"This year, our AP program is in 29 schools with high concentrations of military students in 10 states. Thanks to supporters, we will soon be in (more than) 60 schools," Fleisher said. "Our (IMF) has been embraced and endorsed by first lady Michelle Obama and Dr. Jill Biden's "Joining Forces" initiative, and we're so pleased to have them as a partner.

"They believe math and science education is the key to success, and so do we," he added.

Culture of physical excellence breeds endurance challenge champions



Courtesy of 45th Sust. Bde., 8th TSC

Capt. Jerrauld Ma, plans officer, 130th Eng. Bde., 8th TSC, prepares to conduct pull-ups as part of the brigade’s endurance challenge. Ma won the monthly endurance challenge and will be competing in the brigade’s alumni endurance challenge in January.

HEADQUARTERS AND HEADQUARTERS COMPANY,
130TH ENGINEER BRIGADE,
8TH THEATER SUSTAINMENT COMMAND
Public Affairs

SCHOFIELD BARRACKS — The Operations Section, 130th Engineer Brigade, 8th Theater Sustainment Command, has won five championships during the brigade’s monthly endurance challenge.

With less than 20 personnel, the section is competing against two subordinate battalions, which draw from hundreds of Soldiers.

Col. Jeffrey Milhorn, commander, 130th Eng. Bde., created the endurance challenge in December 2010, so Soldiers could display their physical fitness and build esprit de corps.

The challenge consists of one minute of each of the following exercises: bench press with 75 percent of the participant’s body weight, air squats, shoulder press with 50 percent of the participant’s body weight, dips and chin-ups.

Participants get one minute of rest in between each exercise, and then run three miles after completing all of the lifts. Scores are calculated by dividing the run time in seconds by the total reps from all exercises. The male and female with the lowest score wins.

“When I get new personnel, I stress to them the importance of physical fitness,” said Maj. David Acker, operations officer, 130th Eng. Bde.

In fact, physical fitness is listed as one of Acker’s top priorities in his welcome letter for new personnel.

Since taking over in July 2011, Acker’s subordinates have won every male championship spot. Also, the only female to compete from the Ops. Section has also won.

Excellence in physical fitness highlights the power of culture.

“There is an understanding in the S3 shop (Ops. Section), that if you are going to be a part of this section, you are going to be great at what you do,” said 1st Lt. Scott Rupnow, assistant ops. officer, 130th Eng. Bde. “That includes physical fitness.”

Two more monthly endurance competitions are scheduled for this year. The Ops. Section already has a few Soldiers in mind to help extend the unit’s winning streak.

In January, the brigade will hold an endurance challenge alumni competition. All the champions from the previous year will be invited to a day of physical challenges. The exercises in the final competition will be a surprise for the competitors and will be held at an off-post venue.

USE YOUR HEAD



WEAR A HELMET

Obama: Top employers on hand to hire veterans

CONTINUED FROM A-1

American companies have pledged to hire 125,000 more veterans and their spouses by 2014. She said it's not charity; it's helping skilled people put their talents to work.

Job fair employers, here, ranged from America's biggest companies, such as CVS, Disney, Walmart, PepsiCo, Prudential and Verizon, to dozens of companies from across the state like Hawaiian Telecom, the U.S. Army Corps of Engineers, Bank of Hawaii and Tanioka's Seafood and Catering. They were on hand to hire veterans of all ranks and spouses of all levels of experience.

"The current 12-percent unemployment rate for our service members is unacceptable," said Kevin Schmiegel, vice president, Veterans Employment Program, U.S. Chamber of Commerce, and a 20-year Marine veteran. "I consider this a matter of national security because if a spouse cannot find work that could very well affect the service member's decision to re-enlist in this all volunteer force. Hiring a veteran or a spouse isn't just the right thing to do, it's the right thing to do for business."

Along with connecting veterans and employers, the Hiring Our Heroes job fair also works to help military spouses get jobs, which can be especially difficult as families constantly move from place to place. According to the U.S. Chamber of Commerce, 25 percent of military spouses are currently unemployed.

"You can't put your personality down on paper, so events like this allow me to present myself to employers and make those connections I cannot make on paper," said Antonio Davis, Army spouse. "The last nine months have been rough in the job department, but I am confident the contacts I made today will turn my luck around."

For those like Davis who are actively looking for work during these tough economic times, the first lady assured the crowd that America supports them.

"So if there is one thing that I want you all to know today – and I want every veteran and every spouse and family to know – (it) is that America does have your back. America has your back," she said.

To view for photos from this event, visit www.flickr.com/photos/usaghawaii.

News Briefs

Send announcements for Soldiers and civilian employees to community@hawaiiarmyweekly.com.

Today
USAG-HI Facebook Town Hall – Have questions about U.S. Army Garrison-Hawaii? Get ready for the second Facebook town hall, hosted by USAG-HI, 6-7:30 p.m., Nov. 30, at www.facebook.com/usaghawaii, under the "Events" tab on the left menu.

Soldiers, family members, retirees and civilians can ask questions, address concerns and get responses. If your question does not pertain to the public at large, email AskTheCommander.usaghi@us.army.mil.

CFC – Hawaii-Pacific's annual Combined Federal Campaign, or CFC, runs through Nov. 18. The campaign supports and promotes philanthropy through a voluntary program that is employee-focused, cost efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. Call your unit or section representative or visit www.cfc-hawaii.org or www.opm.gov/cfc.

19 / Saturday
America Recycles Day – Support America Recycles Day, 10 a.m.-2 p.m., Nov. 19, Richardson Pool parking lot,

Schofield Barracks, by dropping off your recyclable materials. Call 656-5411.

22 / Tuesday
25th CAB Family Support Center – A ribbon-cutting ceremony will be held, 10:30 a.m., Nov. 22, Building 102, Wheeler Army Airfield. Attire is duty uniform for military personnel and aloha attire for civilians. Call 656-2756 or email kenneth.anderson18@us.army.mil.

Ongoing

Learning Resource Center Temporary Closure – The Schofield Barracks center/computer lab will be closed until further notice due to a change in contractors. Call 655-4444.

Dealing With Stress – Visit the Employee Assistance Program office, Building 2091, Schofield Barracks, for help and ideas for dealing with stress or other issues affecting job performance. Call 655-6047/6046.

Uniform Guidance – Soldiers are reminded to wear their Class B uniforms while visiting the USS Arizona Memorial. Personnel may be turned away if not dressed appropriately.



Staff Sgt. Keith Whitfield (right) ladles chili into a cup with help from Cpl. Cody Pybas (left), both with HHT, 2nd Sqdn., 6th Cav. Regt., 25th CAB, 25th ID, during the 5K and chili cook-off event, Nov. 5.

CAB family grows closer with 5K, chili cook-off

Story and Photos by
SGT. DANIEL SCHROEDER

25th Combat Aviation Brigade Public Affairs, 25th Infantry Division

WHEELER ARMY AIRFIELD – The 25th Combat Aviation Brigade, 25th Infantry Division, hosted a 5K race and chili cook-off, here, Nov. 5.

The event gave the 25th CAB family and the Schofield Barracks community a chance to come together prior to the 25th CAB’s upcoming deployment.

The event opened with a 5K race, here, with more than 350 Soldiers, families and civilians participating. Some 25th CAB Soldiers motivated each other by running in formations while calling cadence, by running in costumes or by running with a two-man CH-47 Chinook helicopter model.

The race started at the football field, here, and proceeded around the airfield and down the gulch, before turning around to head back to the starting line.

The first male competitor to cross the line was Spc. Daniel Ruiz, 2nd Squadron, 6th Cavalry Regiment, with a time of 18:55. In the female division, 1st Lt. Catherine McNair, 2nd Sqdn., 6th Cav. Regt., won with a time of 22:56.

“I had a great time participating in this event,” said Sgt. 1st Class Julia Krampe, floor supervisor, Company D, 3rd Battalion, 25th Avn. Regt. “I came out to support our unit and the unit’s family readiness group and to spend time with others from the unit and surrounding community.”

After the race, runners and families gathered to relax and enjoy the different types of chili at 19 different chili booths that competed against each other.

“I had an amazing time out here at the run and the chili cook-off,” said Vanessa Errico, wife of Capt. Vito Errico, Headquarters and Headquarters Troop, 2nd Sqdn, 6th Cav. Regt. “All of the units brought their best chili recipes to the event. Out of the ones I tried, the 25th CAB’s chili was the spiciest.”

Besides the cook-off and race, the 25th CAB set up static displays of a CH-47 Chinook helicopter and a UH-60 Black Hawk helicopter. Also, keiki could enjoy inflatable bounce houses.

“This was a fantastic event for the families to feel closer bonds with others in the unit, by running and sharing chili and fun-filled events, all allowing us to come together before deployment,” said Lt. Col. Thomas O’Connor, commander, 2nd Sqdn., 6th Cav. Regt. “The event would not have been an event if it were not for the families who participated in it. The success of this event can all be attributed to the families who came out to show their support.”



Soldiers, keiki and family members run past the airfield during the 25th CAB, 25th ID’s 5K at Wheeler Army Airfield, Nov. 5.



Major changes are underway for motorcycle riders

DIRECTORATE OF INSTALLATION SAFETY
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS – The Army Safety Center has released a radically different progressive training program for motorcyclists, which will be implemented Armywide as part of the Army Traffic Safety Training Program.

The program includes two courses for initial training, spread over 60 days to one year and sustainment training every three years after that.

Revisions to Army Regulation 385-10 bring changes to rider personal protective equipment and to civilian rider training.

“This is a new concept for the Army; the old method was to take one course to learn to ride and wait for another course years later,” said Bill Maxwell, safety specialist and Motorcycle Program manager, U.S. Army Garrison-Hawaii. “Now, Soldiers are required to build their skills over the first year of riding with two courses and then go back for advanced training every three years. Many motorcyclists have a serious accident within their first year of riding, making this a crucial time.”

Maxwell said that after the Basic Rider Course, which is taught on the student’s motorcycle or on a program-supplied training motorcycle, the program breaks into “sport-bike” and “cruiser” training using two different courses.

Many riders are familiar with the one-day Experienced Rider Course, or ERC, and this course will be used for “cruisers and standards,” while sportbike riders will get the one-day, Military Sportbike Rider Course, or MSRC, when they return for their second training class within their first year.

“By separating the classes by motorcycle design, each rider will get exercises suited to the performance of their motorcycle,” Maxwell explained. “These two courses meet the initial training requirement, but many riders have been riding for some time. This is where the sustainment phase brings them back every three years.”

Changes to AR 385-10

Initial training

- New Riders: BRC
- Sixty days-one year later: ERC or MSRC

Sustainment training

- ERC, MSRC, or Advanced Class
- Every three years or upon purchase of new motorcycle, move to a new geographical area or a three-year period of inactivity.
- MRT following deployments of 180 days or more.

According to changes made to AR 385-10, other requirements during the sustainment phase include training upon purchase of a new motorcycle, a move to a new geographical area or a three-year period of inactivity. Motorcyclists will need to assess where they are in the training timeline to see if they are due for another motorcycle course.

Following a deployment of 180 days or more, riders will receive two-hour Motorcycle Refresher Training, complete with challenging drills to get their riding skills back, normally held during the redeployment cycle.

“Riders will have more training opportunities than ever before, each with an associated skill test,” Maxwell said. “This eliminates the need for the local evaluation – a Hawaii policy since 2005 to test riders on their motorcycle prior to getting their post decal – which will be phased out at the end of November.”

According to Maxwell, the Pass and Registration Office will no longer require the evaluation card, but personnel will check the date of the most current course certificate and turn away riders who have cards more than three years old – requiring them to complete sustainment training.

Revisions to AR 385-10 also include two other major changes to rider personal protective equipment and to civilian rider training. For decades the Army has required riders to don a reflective vest or highly visible clothing. Soldiers are now encouraged to wear abrasion-resistant synthetic or leather garments that incorporate impact protection, fluorescent colors and reflective material.

Other elements of personal protective equipment, or PPE, like wearing helmets, eye protection, long sleeves, long pants, full-fingered gloves and over-the-ankle shoes or boots remains unchanged.

Also, civilians no longer need to show proof of motorcycle training for entry onto Army installations or to obtain post decals.

PPE: Sturdy synthetic or leather garments incorporating impact protection, fluorescent colors and reflective material are encouraged.

Civilians are no longer required to show proof of training to operate a motorcycle on post.

For a list of acceptable advanced courses, visit <https://safety.army.mil>.

To learn more, contact your unit motorcycle safety representative, call the Installation Safety Office at 655-6746 or email william.n.maxwell@us.army.mil.

Commentary

Reckless driving tarnishes Army values

DENNIS DRAKE

Director, U.S. Army Garrison-Hawaii Public Affairs

Yesterday, I drove home on Kunia Road, following a line of cars down the narrow, two-lane road. Suddenly, a motorcyclist came speeding past me from behind, flying around four cars in a “No Passing” zone and barely making it back into his lane to avoid a head-on collision with oncoming traffic.



Drake

It happened too fast for me to see his license plate number, but what I did see were his ACUs, or Army Combat Uniform and desert boots. He was wearing his safety equipment (helmet and reflective vest), he was clearly a Soldier, and his antics put at least six lives at risk, including his own.

He gave the Army a very bad name.

Last week, while driving down Fort Weaver Road, a wide six-lane, divided highway, I was approaching an intersection in the middle lane as the traffic light turned to yellow. I slowed to stop, but the car next to me, in the outside lane, sped-up and drove through the yellow light.

A motorcyclist behind that car – again a Soldier in ACUs – barreled across the intersection, running the red light, just missing two pedestrians stepping off the curb to cross the street. A split second later, he could have hit and killed both of them.

Two weeks ago, four motorcyclists heading up Kunia Road dodged and weaved in and around a column of cars on the narrow road. They weren’t in uniform, but all four turned in to Schofield’s Lyman Gate.

Motorcycles are the number one killer of our Soldiers in Hawaii. In the past two years, we’ve sadly sustained seven motorcycle deaths and had 29 other motorcycle accidents with serious injuries.

Our Army leadership continues to stress the importance of motorcycle safety. But all the safety equipment and training can’t compensate for careless and reckless motorcycle driving by our Soldiers.

What kind of message does this driving send to the civilian community? To all Soldiers who ride motorcycles, please remember that you are visible symbols of our Army. Your presence in public represents the values that our Army stands for: leadership, duty, respect, selflessness, honesty, integrity, courage.

Please remember that careless and reckless motorcycle riding tarnish those values. Remember that disregard for personal and public safety is not a value taught anywhere in the Army. Please remember that you belong to the finest Army in the world, that you protect and defend this great nation, and that you are the face of the Army to your community. Please remember as you ride.

(Editor’s Note: This commentary was originally published in the Sept. 9, 2009, issue of the Hawaii Army Weekly. It received the first place Maj. Gen. Keith L. Ware Public Affairs award at Installation Management Command and third place at Department of the Army.)





Today
Friday Night Entertainment Series — Enjoy live entertainment each Friday night at Kolekole Bar and Grill, Schofield Barracks. From Latin and hip-hop to open mic night, there's something for everyone. Call 655-0664.

19 / Saturday
Christmas Card Workshop — Create a holiday card, 9:30 a.m.-noon, Nov. 19, at the Schofield Arts and Crafts Center. Cost is \$6 per card or three for \$15. To register, call 655-4202.

Cosmic Bowling — Cosmic Bowling starts at 3 p.m., Saturdays, at the Schofield Barracks Bowling Center and at 1 p.m., Sundays, at the Fort Shafter Bowling Center. Call Schofield at 655-0573 or Fort Shafter at 438-6733.

20 / Sunday
Manny Pacquiao Meet and Greet — Active duty service members can meet professional boxer Manny Pacquiao, 2-4 p.m., Nov. 20, at the Nehelani, Schofield Barracks.
A limited number of tickets will be given out only to active duty service members, 5 p.m., Nov. 18, at the Nehelani or the Hale Ikena, Fort Shafter. Filipino food will be for sale at the Nov. 20 event.

21 / Monday
Free Hula Classes — The Native Hawaiian Liaison Office, USAG-HI, welcomes all Soldiers and families to participate in free hula classes. Beginner classes are 5-6 p.m.; advanced classes are 6-7 p.m. Call 655-9694 or email nhliaison@gmail.com.
Classes are held the following days and locations:
•Mondays, Kalakaua Community Center, Schofield Barracks.
•Tuesdays, AMR Community Center.

22 / Tuesday
Origami Workshop — Learn the basic techniques of Japanese paper folding, 4 p.m., Nov. 22, Sgt. Yano Library, Schofield Barracks. To register, call 655-8002.

23 / Wednesday
Afterschool Activities — Elementary-age keiki can listen to Native American tales, 3-3:45 p.m., Nov. 23, at the Sgt. Yano Library, Schofield Barracks. Call 655-8002.

Kids Meal — Every Wednesday night, keiki under 10 can eat for \$1.99 at Kolekole Bar and Grill, Schofield Barracks, or at Mulligan's Bar and Grill, Fort Shafter. Call Kolekole Bar and Grill at 655-0664 or Mulligan's Bar

community calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
Commissary Parking Lot Closure — Portions of the Schofield Barracks Commissary parking lot will be closed due to waterline valve replacement through Nov. 18. Call 656-2525.

19 / Saturday
Kinect Competition — The Exchange's Kinect for Xbox 360 Worldwide Competition will take place 10 a.m.-4 p.m., Nov. 19, at the Main Exchange, Schofield Barracks. The event is open to all ages; register as soon as possible at the Exchange. The player with the highest score in the Pacific region will win an Xbox 360 250GB Kinect Bundle.

Athletic Booster Club Craft Fair — This Mililani High School event includes craft items and food booths, 9 a.m.-2 p.m., Nov. 19 and Dec. 10, at the school's gym, 95-1200 Meheula Pkwy. Call 627-7369.

Holiday Plant and Craft Sale — Items for sale include ti, ginger, native plants and ferns, anthuriums, orchids,



Photos by Vickey Mouzé | U.S. Army Garrison-Hawaii Public Affairs

'O Christmas Tree'

SCHOFIELD BARRACKS — Bonnie Dong, supervisory librarian, Sgt. Yano Library, here, demonstrates how to make a Christmas tree using magazines and books, Nov. 16. The next Sgt. Yano Library arts and crafts workshop will demonstrate origami, or Japanese paper folding, 4 p.m., Nov. 22. Call 655-8002 to register. Visit www.himwr.com to see a complete listing of library activities and events at all Army libraries.

and Grill at 438-6712.

Stand Up Paddleboard Lessons — Teens can learn to paddleboard with Outdoor Recreation, Schofield Barracks, 1:30-5:30 p.m., Nov. 23. Call 655-0143 to register.

28 / Monday
Swimming Pool Closures — TAMC's swimming pool is closed Nov. 28-Dec. 8 to conduct leak detection tests. The AMR Pool will be available during the closure. Also, HMR Pool is closed through May 30. Visit www.himwr.com for hours of operation for AMR and TAMC pools.

29 / Tuesday
Teen Video Workshop — Teens can make a free video to give out as holiday gifts, 3-5 p.m., Nov. 29, Sgt. Yano Library, Schofield Barracks. Bring your digital photos. Space is limited; register at 655-8002.

TAMC Tree Lighting Ceremony — TAMC employees and their families are invited to this annual holiday event, 5:30 p.m., Nov. 29, at TAMC's Oceanside entrance. Call 433-6002/4853.

30 / Wednesday
Free Lei-Making Workshop — Soldiers and families can learn to make lei, 5:30 p.m., Nov. 30, at the AMR

handmade holiday wreaths, jams and jellies, books and T-shirts, 9 a.m.-2 p.m., Nov. 19, Lyon Arboretum, 3860 Manoa Rd., Honolulu. Free shuttle service to the Arboretum is available; pick up points are at Poelua and Nipo streets where they intersect with Manoa Road. Visit www.hawaii.edu/lyonarboretum or call 988-0472.

Waikiki Artfest — This event features 75-100 artists and handcraft artisans, 9 a.m.-4 p.m., Nov. 19-20, Kapiolani Park, Honolulu. Email tropicalcottons@aol.com.

22 / Tuesday
South Community Thanksgiving Dinner — The Roman Catholic, Contemporary Protestant and Gospel congregations will sponsor a Thanksgiving dinner, 5:30 p.m., Nov. 22; and service, 6:15 p.m., for the south community at AMR Chapel. Families are asked to bring canned food for the Hawaii Food Bank. Child care is available for keiki ages 8 months-4 years old. Reservations are required for dinner and child care. Call 833-6831 or 839-4319 to make a reservation.

25 / Friday
Islandwide Christmas Crafts and Food Expo — Event features 400 exhibitors selling gift items, from handmade Christmas ornaments to jewelry, clothing and Hawaiian artworks, 4-9 p.m., Nov. 25; 10 a.m.-9 p.m., Nov. 26; and 10 a.m.-5 p.m., Nov. 27; Blaisdell

Community Center, Building 1788, 182 Kauhini Rd. To register, call the Native Hawaiian Liaison Office at 655-9694 or email nhliaison@gmail.com.

December

1 / Thursday
Letter Writing to Santa — Keiki can write a letter to Santa, 3:30-4:30 p.m., Dec. 1, Fort Shafter Library. All supplies will be provided. Call 438-9521.

All Army Sports — Deadline for men and women to register is Dec. 1 for boxing and Dec. 10 for cross-county. Call 655-0856.

3 / Saturday
Holiday Family Fun Fest — Come take a picture with Santa, build a gingerbread house, jump on the bouncers, play games and win prizes, 9 a.m.-1:30 p.m., Dec. 3, AMR Gym and Community Center.

"Seussical" — This Broadway musical contains fast and lively music, with dances and scenes performed by Seuss characters. Admission is free on a first-come, first-served basis. Performances are by SKIES students at Wheeler Middle School; dates follow:
•Dec. 3, 2 p.m.: SKIES students' fam-

ily members and guests will be seated at 1:40 p.m.; all others will be seated at 1:50 p.m.
•Dec. 3, 7 p.m.: Evening performance is open seating and begins at 6:45 p.m.; no reserved seating.

2011 Waikiki Holiday Parade — The Waikiki Holiday Parade, 7-9 p.m., Nov. 25, commemorates Pearl Harbor by honoring survivors and veterans in memory of the attacks from Dec. 7, 1941. The parade starts at Fort DeRussy Park and ends at Kapiolani Park and will travel about 1.5 miles along Waikiki's main thoroughfare, Kalakaua Avenue. Highlights include 4,000 marchers, 40 vehicles and 38 bands, to include local Hawaiian bands, marching bands from the mainland and military units. Visit www.waikikiholidayparade.com.

27 / Sunday
Polo Match — The Hawaii Polo Club will open its gates for a tribute to the military, Nov. 27, 68-411 Farrington Hwy., Waialua. Gates open at noon; matches start at 2 p.m. The club's first autumn polo event will welcome home troops for the holidays. Enjoy an afternoon of polo, live music and gourmet foods. Tickets are \$10 for general admission and \$7 for military and students. A portion of ticket sales will be donated to the Wounded Warrior Project. Call 637-7669.

28 / Monday
5K Turkey Trot — The 500th Military Intelligence Brigade will host a 5K and a one-mile run/walk,

ily members and guests will be seated at 1:40 p.m.; all others will be seated at 1:50 p.m.

•Dec. 3, 7 p.m.: Evening performance is open seating and begins at 6:45 p.m.; no reserved seating.

6 / Tuesday
Holiday Tree Lighting Ceremonies — Keiki can have their photos taken with Santa Claus at FMWR's annual events, which include entertainment and light refreshments. Activities at both locations start at 5:30 p.m.; tree lighting ceremonies start at 6 p.m.:
•Dec. 6, General's Loop, Schofield Barracks.
•Dec. 8, Palm Circle, Fort Shafter.

7 / Wednesday
Free Featherwork Workshop — Learn to make a hair accessory using feathers, 5:30 p.m., Dec. 7, at the AMR Community Center, Building 1788, 182 Kauhini Rd. To register, call the Native Hawaiian Liaison Office at 655-9694 or email nhliaison@gmail.com.

14 / Wednesday
Free Coconut Weaving Workshop — Learn to make bracelets, hats or headbands using coconut palm fronds, 5:30 p.m., Dec. 14, at the AMR Community Center, Building 1788, 182 Kauhini Rd. To register, call 655-9694 or email nhliaison@gmail.com.

Nov. 28 at Kalaeloa Airport (Naval Air Station Barbers Point). The keiki one-mile fun run starts at 9:30 a.m., with the 5K starting immediately after.

To register and for entry fee details, email either merimine.clarke@us.army.mil or jessica.bode1@us.army.mil. Late registration will be taken. This event is open to the public.

December

2 / Friday
Charity Golf Tournament — Warriors for Warriors is sponsoring a Wounded Warrior Golf Tournament, Dec. 2, Hawaii Prince Golf Club, 92-1200 Fort Weaver Rd., Ewa Beach. Registration starts at 9 a.m.; shotgun start is 11:30 a.m. Win a Harley Davidson motorcycle in the "hole in one" contest. Event includes an awards banquet. Tournament format is three-man teams playing best ball. Register and buy tickets at www.warriors4warriors.org.

16 / Friday
Operation Best Wishes — Military personnel and families can create a free, 10-minute holiday webcast message to family members back home or deployed loved ones, 11 a.m.-7 p.m., Dec. 16, Hawaiian Telecom Federal Credit Union, 1129 Wright Ave., Building 102, WAAF (across from the 25th Combat Aviation Brigade, 25th ID's Wings of Lightning dining facility). Sessions are limited; register today at www.operationbestwishes.com. Call 624-9801.

IPC: Island Palm Communities
SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
WAAF: Wheeler Army Airfield

Worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu).

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers' Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF and FD
•Sunday services:
- 8:30 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship
•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
•Monday, 6 p.m. at PH (Bible Study)
•Friday, 7:30 p.m. and Saturday, 8:15 a.m. at PH

Pagan (Wicca)
•Friday, 7 p.m. at MPC Annex

Protestant Worship
•Sunday Services
-9 a.m. at FD, MPC and TAMC chapels
-9 a.m. at WAAF chapel, Lutheran/Episcopalian
-10 a.m. at HMR
-10:30 a.m. at AMR

Single Soldiers' Bible Study
•Wednesday, 11:30 a.m. at SC; lunch is provided.

Worship Service
•Sunday, 6 p.m. at SC.

This Week at the MOVIES

Joint Base Pearl Harbor-Hickam Memorial Theater

Call 624-2585 for movie listings or go to aaefes.com under reeltime movie listing.



Real Steel
(PG-13)
Fri., Nov. 18, 6 p.m.
Sat., Nov. 19, 4 p.m.

50/50
(R)
Fri., Nov. 18, 8:45 p.m.

Money Ball
(PG-13)
Sat., Nov. 19, 7 p.m.

Dolphin Tale
(PG)
Sun., Nov. 20, 2 p.m.

The Ides of March
(R)
Wed., Nov. 23, 7 p.m.

Closed for Thanksgiving Thurs., Nov. 24

No shows on Mondays or Tuesdays.

AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services

EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and Recreation
FRG: family readiness group
HMR: Helemano Military Reservation

Laughter is best medicine for resilient Soldiers, families

GENIE JOSEPH
Contributing Writer

HONOLULU – Laughter is the best medicine. We know that intuitively, and many studies have confirmed the benefits of laughter for physical and emotional well-being. Laughter is an excellent intervention for people struggling with stress and trauma.



Joseph

Traumatized brains get stuck in the hyper-vigilant, hyper-aroused nervous system. Laughter and other right-brain activities “reset” and re-balance the brain.

A training program called Act Resilient uses laughter, improvisational comedy and theater games, which help the individual to think clearly and respond quickly, based on the present moment instead of being sucked back into the past.

“I feel like I’m learning how to run my own brain again, instead of my memories running me,” said one Soldier who attended the Act Resilient training.

Another Soldier said, “I feel like I got my life back.” And, his wife said, “I got my husband back. Thank you!”

Learning how to use your imagination for fun – instead of letting your imagination run wild – is just one of the healing methods in the Act Resilient Program.

“Act Resilient is one of the more effective and creative programs I have seen in helping Soldiers manage their symptoms of (post-traumatic stress disorder),” said Dr. Mitzi Gold, a psychologist in private practice who works with all branches of the military in Hawaii.

Whether it’s day-to-day stress or the most severe cases of combat and operational stress, anyone can benefit from relearning how to play.

Act Resilient uses specific games designed to teach the brain how to send “active memories” into the “inactive file.” Memories that are in the inactive portion of the brain can thus become “unhooked” from the active-replay mode.

Participants in Act Resilient learn a number of self-help treatment techniques that reduce or eliminate stress in minutes.

The playful theater and improvisation games in Act Resilient are designed to re-connect parts of the brain that are “frozen.” By playing improvisational games that cause a crossover from left to right brain, all sections of the brain begin working as an integrated whole.

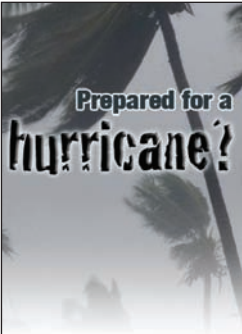
The brain literally begins to co-operate with itself, which allows people to be more in control of their impulses, emotions, thoughts, feelings, moods and decisions.

All of this healing happens while laughing, being silly and generally having a great time.



Act Resilient

All active duty, veterans and spouses are invited to attend a free introduction to Act Resilient, 1-2:30 p.m. and 3-4:30 p.m., Nov. 21, Kalakaua Community Center, 2535 Waianae Uka Ave., Schofield Barracks. To reserve your spot, search for Act Resilient at Facebook or email Genie@GenieJoseph.com.



Hurricane season in Hawaii runs through Nov. 30

If a hurricane is approaching Hawaii, you will learn about it from radio and TV news, collected from the National Weather Service in Honolulu.

- Tune to installation channel TV2 in Island Palm Communities for specific guidance. Monitor www.facebook.com/usaghawaii or www.twitter.com/usaghawaii.
- Respond to instructions from the IPC CallMax automatic telephone system.
- Comply with directives from Military Police via public address

systems.

- Proceed to assigned emergency shelters when advised, and take your Emergency Readiness Kit with you.
- Review the Hurricane Readiness Guide, which lists emergency shelters and readiness kit items. Download the guide at www.garrison.hawaii.army.mil by clicking on the “Staying Safe” link on the left side of the page, then “Emergency Management.”

Off-post military can find the closest area shelter from their local phone book, at www.oahucivildefense.com or by calling 523-4122.



Courtesy Photos

A member (right) of the Kailua Canoe Club teaches Alex Bacon (left), Cub Pack 166, how to paddle an outrigger canoe, at Kailua Beach, recently. The canoe club has volunteered to teach the Cub Scouts about outriggers and other aspects of Hawaiian culture.

Kailua Canoe Club gives Cub Pack a lesson on outrigger canoes

BRANDON WOLLETT
Cub Scout Pack 166

SCHOFIELD BARRACKS — Cub Scout Pack 166, here, has teamed up with the Kailua Canoe Club to learn about teamwork and Hawaiian culture.

The Kailua Canoe Club recently taught the Cub Scouts and their families about outrigger canoes.

The Cubs from Den 8 of Pack 166 worked together to move the 45-foot long canoes that weigh 400 pounds. The Cubs climbed into the boats, learned how to hold the paddles and learned the rhythm of changing direction from left-hand to right-hand paddling.

Afterward, the Cubs raced from Kailua Beach along the Kaelepulu Stream to the Kaelephu Pond, which is about four miles, round trip.

After the trip upstream, the Cubs and their families tested their skills by taking the canoes out into the ocean and by going around the little island in the bay. Each family went out to catch some waves.

Later, everyone shared an ohana, Hawaiian for family, potluck-style lunch. They talked about

how the boys will return to help tackle waterway conservation, as well as boat maintenance.

The Cubs presented Ted Ralston, Kailua Canoe Club, with a Pack 166 coffee mug and hand-written thank you notes.

“The kids are so pleasant to work with, so responsive and polite. It’s refreshing and rewarding and a good sign for the future,” Ralston said. “It looks like a lot of this is from the excellent role models of the parents.”



Members of the Kailua Canoe Club help launch an outrigger canoe for the Cub Scouts of Pack 166, at Kailua Beach, recently.



Sgt. 1st Class Emilio Calzada (top right), NCOIC, Operations Directorate, 599th Trans. Bde., leads second-graders from Wahiawa’s Kaala Elementary School in Army-style physical training at WAAF’s gym, Nov. 8, as part of a community relations event between the 599th Trans. Bde., the school, and the 25th CAB, 25th ID.

Students’ WAAF tour includes PT, DFAC lunch, jaunt at aviation unit

Story and Photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

WHEELER ARMY AIRFIELD — Though rain held off under darkening skies, the airfield, here, was still happily engulfed by a deluge of children, Nov. 8.

The 599th Transportation Brigade and the 25th Combat Aviation Brigade, 25th Infantry Division, hosted 67 second-graders from Kaala Elementary School in Wahiawa.

Second-grade teacher Alison Calzada said she wanted to show students an Army post and have them meet with Soldiers in time for Veterans Day. Although the school is only about a mile from Wheeler’s main gate, most of the students had never been on post before, she said.

“We’d been talking in class about the helicopters for weeks, so when we came through the gate and they finally got to see them, the children were so excited they all started screaming,” she said.

The day started with physical training, or PT. Calzada’s husband, Sgt. 1st Class Emilio Calzada, noncommissioned officer in charge, Operations Directorate, 599th Trans. Bde., led the students into WAAF’s gym.

“The kids love to shout out the count like Soldiers do during PT,” Sgt. 1st Class Calzada said. “That’s always the first thing I teach them. We did the normal things – jumping jacks, pushups, sit ups and flutter kicks – with them yelling off the count louder than most Soldiers do. Because they were in the gym, we had them race while dribbling basketballs.”

While one group of second-graders exercised, the other group went to the 25th CAB’s dining facility to help make the lunch they would eat later that day. The DFAC provided them all with paper chef’s hats to wear during their time in the kitchen.

“This is great to have the little kids here,” said Sgt. 1st Class Nathaniel Barthell, manager, DFAC, 25th CAB. “We’ve had high school students, but this is the first time since I’ve been here that we’ve hosted elementary school students.”

After lunch, students met with the brigade’s Quick Reaction Force to see its equipment and then with helicopter crews to tour helicopters.

Alison Calzada said the students were still excited about their experiences after returning to school. As they were writing thank you notes to the units, they mentioned all facets of the visit as some of their favorite memories, she said.